

**ABSTRACT****HEALTH SUPPLEMENT**

This invention relates to natural products containing phyto-oestrogens, or phyto-oestrogen analogues, which have various beneficial physiological effects in man, and which have a variety of uses, such as to promote good health and as a dietary additive, for example. The invention describes a method of improving the health of a human by administering to the human a health supplementing amount of a phyto-oestrogen selected from genistein, daidzein formononentin and/or biochanin A. A health supplement comprising a health supplementary amount of a phyto-oestrogen selected from genistein daidzein formononentin and/or biochanin A, is also described. Preferably, the supplement also comprises at least one dietary suitable excipient, diluent, carrier or food, and may be in the form of a tablet or capsule, for example. Ideally, the phyto-oestrogen is extracted from red clover or from soya, although any source rich in isoflavones may also be used. The supplement can be used to prevent or ameliorate such conditions as breast cancer, benign breast disease, pre-menstrual syndrome, or symptoms associated with menopause in women, or various types of cancer, and especially for high blood cholesterol levels in all humans, for instance.